

Box 16, Harrow, Hants NORIGO, Canada.

July 10, 1999

Dr. Jane Henney,
Commissioner

Food and Drug Administration.

1767 '99 SEP -9 NO:09

2524 '99 AUG -3 P1:26

Dear Commissioner;

I am in favor of the F.D.A. promptly approving the claims for Saw Palmetto, for the symptoms of benign prostatic hyperplasia; psyllium husks seeds for the risk of heart disease; folic acid, Vitamin B6 and Vitamin B12 for cardiovascular disease, and Vitamin E for the risk of cardiovascular Disease. Much research has been done, and the good results have been made known to the public. A great many of us prefer natural substance to the more sophisticated expensive drug house formulas. I was on two prescriptions for osteoporosis — both made me short of breath, a change of bowel movement, fatigued. I got off them before they killed me. I will be 86 next week. I cut my own grass; do my housework, work in the yard, shop and drive my own car. I have no outside help. I don't drink or smoke, but eat healthy food, eat a lot of gelatin, and take Next Generation Vitamins, Knox gelatin on my cereal (bulk oatmeal, wheat germ, all bran, $\frac{1}{4}$ t brown sugar and 2 T powdered milk). This year, I had cataracts removed from both eyes, and last week got new upper and lower dentures.

I also look after five cats, all of which were abandoned and came to my house. They live in the house. They are from 12 to 16 yrs old, except one came (a kitten) this Fall. They are healthy and kept clean.

I subscribe to three medical News Letters, and read most anything on Health and its Research.

Please help us approve the claims filed for the above; Saw Palmetto; psyllium husk seeds; Folic Acid; Vitamin B6; Vitamin B12 and Vitamin E.

Thank you,

Bernice R. Beso (Bernice R. Beso)

99P-3029

C79

CROSS FILE SHEET

File Number: *99P-3029/c79*

See File Number: *99P-3030/c79*



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